CLAIMS:

1. A composition comprising natural honey and approximately 35% to approximately 50% by weight of an extender molecule selected from the group consisting of polyols, oligosaccharides, polysaccharides, and dietary fiber, which extender molecule is not metabolized or is slowly metabolized as compared with sugar, in the human digestive system.

2. The composition of claim 1 having a viscosity of approximately 8,500 to approximately 11,000 cps.

3. The composition of claim 1, wherein said extender molecule is a polyol.

4. The composition of claim 3, wherein said polyol is metabolized in the human digestive system by a pathway which does not require insulin.

5. The composition of claim 4 wherein said polyol is selected from the group consisting of sorbitol, mannitol, xylitol, dulcitol, maltitol and arabinitol.

6. The composition of claim 5 wherein said polyol is sorbitol.

7. The composition of claim 1, wherein said extender molecule is an oligosaccharide which is not metabolized or is slowly metabolized in the human digestive system.

8. The composition of claim 7 wherein said oligosaccharide is raffinose or stachyose.

9. The composition of claim 7, wherein said oligosaccharide is derived from defatted soy bean meal.

10. The composition of claim 1, wherein said polysaccharide is polydextrose.

11. The composition of claim 1, wherein said extender molecule is dietary fiber.

12. The composition of claim 11, wherein said dietary fiber is obtained from cereal bran.

13. The composition of claim 11, wherein said dietary fiber is obtained from Psyllium seed.

14. A method for the production of a honey composition comprising the steps of:

mixing a solution containing an extender molecule with from about 40% to about 65% by weight honey; and

heating the honey-extender molecule mixture to produce a honey composition.

15. The method of claim 14 further comprising the step of:

filtering the low-glucose honey composition to remove precipitated material.

16. The method of claim 15 wherein said filtering is through a screen of approximately 220-600 mesh.

17. The method of claim 15 wherein said filtering is through a .02 micron filter.

18. The method of claim 15 wherein said filtering is through an ultrafiltration system.